

Vegetable Protein Sources

Food:	Amount:	Protein:	Protein/ _{100 grams}
Almonds, raw, whole	1 cup	30 gm	21.22 gm
Almond Butter, no salt	1 cup	37.7 gm	15 gm
Asparagus, frozen & cooked	1 Cup	5.3 grams	2.95 gm
Avocado, Hass	1 cup	4.5 gm	1.96 gm
Banana	1 cup	2.5 gm	1.09 gm
Beans, baked, vegetarian	1 cup	12 gm	5.0 gm
Beans, black, cooked	1 cup	15 gm	8.8 gm
Beans, green, frozen, cooked	1 cup	2 gm	1.49 gm
Beans, Kidney, cooked	1 cup	13 gm	6.4 gm
Beans, Lima, cooked	1 cup	14.6 gm	7.8 gm
Beans, pinto, cooked	1 cup	15.4 gm	9 gm
Black-eyed Peas, cooked	1 cup	11 gm	6.2 gm
Broccoli, frozen & cooked	1 cup	5.7 gm	3.1 gm
Broccoli, raw	1 cup	2.6 gm	2.82 gm
Bulgur, cooked	1 cup	5.6 gm	3 gm
Cantaloupe	1 cup	1.34 gm	.84 gm
Carrots, cooked	1 cup	.85 gm	.58 gm
Carrots, raw	1 cup	1.19 gm	.93 gm
Cashews, raw	1 oz	5 gm	18 gm
Cashew Butter	1 tbsp	2.81 gm	17.56 gm
Cauliflower, cooked	1 cup	2.3 gm	1.84 gm
Celery, raw	1 cup	.7 gm	.69 gm
Chickpeas, cooked	1 cup	12 gm	4.2 gm
Lentils, cooked	1 cup	18 gm	7.8 gm
Peanuts, roasted	1 cup	37 gm	26 gm
Peanut butter	1 cup	62 gm	24 gm
Peas, cooked	1 cup	9 gm	6.4 gm
Rice, brown, cooked	1 cup	5 gm	2.5 gm
Rice, white, cooked	1 cup	4 gm	2.7 gm
Rice, wild, cooked	1 cup	6.5 gm	4 gm
Seitan	3 oz	31 gm	22.1 gm
Sesame Seeds, whole, dried	1 cup	25.5 gm	17.7 gm
Soybeans, cooked	1 cup	29 gm	16.6 gm

Soy Milk, commercial	1 cup	7 gm	2.9 gm
Soy yogurt, plain	6 oz	6 gm	4.0 gm
Spinach, cooked	1 cup	7.6 gm	4 gm
Spinach, raw	1 cup	.86 gm	2.86 gm
Strawberry, fresh	1 cup	.96 gm	.67 gm
Sunflower seeds, raw	1 cup	29 gm	20.8 gm
Sweet Potato, baked	1 cup	4 gm	2 gm
Tempeh	1 cup	30.8 gm	18.5 gm
Tofu, Firm, Raw	4 oz	39.7 gm	15.8 gm
Walnuts, raw	1 cup	15.2 gm	15.2 gm
Watermelon	1 cup	.93 gm	.61 gm
Whole Wheat Bread	1 oz	3 gm	10.9 gm
Veggie Burger	1 patty	13 gm	13.0 gm
Yam, baked	1 cup	2 gm	1.5 gm

Complete Protein:

Animal meats contain all the essential amino acids. Essential amino acids are amino acids that cannot be produced by the body. Plant proteins don't contain all the essential amino acids, however by combining different protein sources you can obtain all the essential amino acids needed. Work around any food allergies.

Non-Meat Sources of Protein:

Nuts & Seeds - Nuts and seeds are the best sources of essential unsaturated fatty acids & nature's best sources of lecithin & most of the B complex vitamins. Sprouted seeds are good sources of vitamins B and A: Sesame, sunflower, pumpkin, and almonds.

Legume - Legumes are generally good sources of iron: Chickpeas, peas, beans, lentils, soybeans, and peanuts.

Milk Products - Dairy products provide vitamin D (if fortified), riboflavin, and calcium: Milk, yogurt, cheese, butter, and cottage cheese.

Grain - Grains offer the B vitamins thiamin, riboflavin, and niacin: Wheat, oats, barley, corn, rice, and rye.

Remember:

Sprouting seeds, grains and legumes will increase their protein content; and
Raw foods contain more usable protein than cooked food.

Best Combinations:

As we discussed, vegetarian sources of protein can be combined to provide you with complete protein, for example:

Legumes with nuts and seeds

Grains with dairy

Grains with nuts, seeds, and beans

Grains with nuts and seeds

Example Complete Protein Meals: (dairy may not be appropriate for everyone)

Whole grain bread with milk and cheese

Brown rice with almonds

Brown rice and cheese casserole

Muesli or granola with milk or yogurt

Brown rice and bean casserole

Lentil and rice casserole

Sunflower seeds and lentil casserole.